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CARE OF SHOES (REGULAR or CUSTOM MADE)

While being fitted with your new shoes (regular or custom made), your orthotist will instruct you on how to care and break in your new shoes.

- **STOCKINGS**

1. Wear clean, non-elastic cotton stockings.
2. Smooth out all wrinkles.

- **SHOES**

1. Use a shoehorn every time you put on your shoes. This will prevent the sturdy heel counter from breaking down.
2. Keep the soles and heels in good repair. Use a good paste or wax polish, as needed, to keep the leather soft and looking good.
3. Allow the leather to air dry. Do not use heat to dry the damp leather. Use of shoetrees in regular orthopedic shoes overnight will maintain the shape and prolong the life.
4. If you are wearing boots or high top shoes do not use the top one or two eyelets until the leather is well softened.
5. Keep your shoes laced tightly enough so your feet will not slide forward in the shoe. Do not lace your shoes so tightly that the laces cause pressure marks.

- **SELF-EXAMINATION**

1. After wearing your shoes for one half-hour, remove the shoes and stocking and look at the skin on your feet (side, top, bottom back of heels and legs). Use a mirror if you have trouble seeing the backs and bottoms of your feet.
 - a. If you see red areas, this means pressure. Check the time it takes for the areas to disappear.
 - b. If the red areas are gone in one half-hour or less, or if you see no redness areas, put the shoes and stocking back on again and recheck after one more hour.
 - c. If the skin looks good, you may double the time you wear your shoes each day.
 - d. Remember to look for pressure areas every time you take off your shoes.
2. If you notice pressure areas that do not go away in one half-hour, do not put shoes back on, but try again the next day. If the areas still do not go away in a short time do not wear the shoes. Call your orthotist for an appointment so the problem can be corrected before any damage to your skin occurs.
3. Check the skin on your feet every night. Feet change and you cannot always rely on how the shoes feel on your feet to know that they are not causing a problem particularly if you are diabetic or have decreased or no sensation.

If you have any questions or concerns about your shoes or foot problems, please contact your orthotist. Your foot health and comfort are very important to us.

I have been provided a copy of these recommendations.

Signature: _____ Date: _____